



Spicy Poblano Burgers with Pickled Red Onions and Chipotle Cream

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 3 tablespoons cilantro leaves fresh divided minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground sirloin
- ☐ 6 ounce hamburger buns toasted
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 0.3 cup pickled onions red
- ☐ 0.5 teaspoon paprika
- ☐ 2 poblano chiles
- ☐ 1 tablespoon shallots minced
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 1 ounce bread white

Equipment

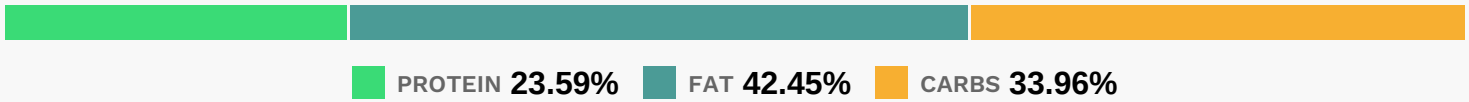
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Place poblano chiles on a foil-lined baking sheet, and broil for 8 minutes or until blackened, turning after 6 minutes.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel chiles, and discard the seeds and membranes. Finely chop.
- ☐ Combine milk and bread in a large bowl; mash bread mixture with a fork until smooth.
- ☐ Add poblano chile, 1 1/2 tablespoons cilantro, cumin, coriander, paprika, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and beef to milk mixture, tossing gently to combine. Divide mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty. Cover and chill until ready to grill.
- ☐ Preheat grill to medium-high heat.

- ☐ Combine the remaining 1 1/2 tablespoons cilantro, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper in a medium bowl. Stir in sour cream, shallots, and juice.
- ☐ Remove 1 chipotle pepper and 2 teaspoons adobo sauce from can; reserve remaining chipotle peppers and adobo sauce for another use. Chop chile. Stir chopped chipotle and 2 teaspoons adobo sauce into sour cream mixture. Set aside.
- ☐ Place patties on a grill rack coated with cooking spray; grill 3 minutes or until grill marks appear. Carefully turn patties; grill an additional 3 minutes or until desired degree of doneness.
- ☐ Place 1 patty on bottom half of each bun; top each serving with 3 tablespoons chipotle cream and 1 tablespoon Pickled Red Onions.

Nutrition Facts



Properties

Glycemic Index:71.94, Glycemic Load:15.75, Inflammation Score:-7, Nutrition Score:22.873478314151%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 477.41kcal (23.87%), Fat: 22.32g (34.34%), Saturated Fat: 9.05g (56.53%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 32.71g (11.89%), Sugar: 9.14g (10.16%), Cholesterol: 87.36mg (29.12%), Sodium: 639.02mg (27.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.83%), Vitamin C: 50.14mg (60.77%), Selenium: 32.3µg (46.15%), Vitamin B12: 2.69µg (44.82%), Vitamin B3: 7.77mg (38.87%), Zinc: 5.77mg (38.47%), Iron: 5.99mg (33.27%), Fiber: 7.47g (29.89%), Vitamin B6: 0.6mg (29.84%), Phosphorus: 290.46mg (29.05%), Vitamin B1: 0.37mg (24.9%), Vitamin B2: 0.38mg (22.46%), Manganese: 0.44mg (22.04%), Potassium: 612.9mg (17.51%), Folate: 67.11µg (16.78%), Calcium: 156.3mg (15.63%), Magnesium: 46.62mg (11.65%), Copper: 0.19mg (9.71%), Vitamin A: 476.8IU (9.54%), Vitamin K: 9.71µg (9.25%), Vitamin B5: 0.77mg (7.66%), Vitamin E: 0.96mg (6.42%), Vitamin D: 0.21µg (1.41%)